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other five. By giving pure food, two quarts of water daily, pure air, and securing cleanliness of body we are assisting nature to re-establish herself.

Dr. Woods Hutchinson writes that the only true tonic is exercise following food. By taking nourishment every two hours and water every two hours regularly during the day, and the daily bath, the patient realizes that he is doing something and the bath takes the place of exercise.

One thing more which is very helpful in re-establishing a good circulation, over-coming the sleeplessness by natural causes, and also any derangement of the bowels, is a certain kind of thorough rubbing in the afternoon, following the enema. I do not mean a massage. The effect of a good rubbing is not immediately to produce sleep, but it produces sleep indirectly by helping the body to become strong and reach its normal condition. Rub each arm with a good firm pressure, the trunk, the back, each leg, and end with a good rubbing of the feet to start the circulation. The amount of strength used must be as the patient requires, but he always requires some.

If the patient has been dangerously sick you welcome the time when you observe that the news of the weather or something pertaining to natural things will be appreciated by him. It is an old truth that every one, old or young, in a normal condition, is interested in the weather. If, perchance, the nurse finds a minute for an extra long breath, and from her Testament reads to herself a verse or two, and the patient says "Would you as soon read aloud?"—the nurse knows that the best way to ascertain if he wishes to hear is to not mention it. She feels that he has physically been strengthened by her method of care, and that anything she may wish to introduce for his welfare will be unquestioningly received.

EDITH C. HUNTINGTON.

#### ORGANIZATION OF PRIVATE DUTY NURSES NOT NEEDED

DEAR EDITOR: In the February JOURNAL a private nurse suggested organization of private nurses. I do not think we need to organize. All nurses are striving to help those who need their aid, and as a body all nurses are classed as one.

A private nurse can keep in touch with her work if she takes journals and keeps up her studies. I don't mean by this that she should fill her suitcase with books. Those that are helpful to me are my materia medica, medical dictionary, and anatomy. Oftentimes there are drugs and terms that I forget, and if I wait until I get home they are usually forgotten, while if I have these books at hand and look them up, I seldom forget them. I also take several nursing journals that are useful to me and my roommate. They give a nurse so many good ideas that she can use successfully, many of which are not learned in training.

I am a member of my hospital alumnae, and state association, and am a registered nurse. I take interest in what my sister nurses do who are present at those meetings. While I cannot always be present,—very few times, I may add,—I believe the meetings are just as successful whether I am there or in a sick-room. There are always some who can make the meetings interesting, and we can reap the results in the next number of our journal.

I believe we have too many organizations. If we begin to feel we are growing dull, as to the newer ideals that our hospitals are teaching, a post-graduate course might refresh us to a certain extent.

I believe the private nurse's work is just as lasting, broadening, good, and interesting as visiting, missionary, and other work. We are all one, and are all striving for the same results,—to relieve, to educate, and to be helpful to our fellow creatures. I wish more felt as I do toward private duty, because we need more good nurses in our field.

Iowa.

S. E. L.

#### THE EXPERIENCES OF AN INSPECTOR

DEAR EDITOR: I appreciated very much your remarks in regard to the inspection of schools. I have been asked to do that work in my state this year. I visited a few schools last fall and was so overwhelmed with difficult problems that I gave up the work until I should have time to study and prepare myself to guide and advise in a more intelligent and helpful way. My own experience as superintendent of a small hospital is invaluable, but we meet with a different situation in each school.

INSPECTOR.

#### TALKS TO SCHOOL CHILDREN

DEAR EDITOR: I note a request, in your correspondent's department, for the experience of those who have talked to public school children on the sex problems. I have been Sanitary School Inspector in our city for two years, and during that time I have had to talk to boys three times on sex questions. The boys were seventh and eighth grade boys—the largest number I ever addressed was about 40, the other groups were smaller. Each time, the principal of the school (a lady) was present and introduced me ceremoniously, as one in authority, who knew that all she uttered was true. The boys behaved with perfect decorum, and I have been told that the solitary vices were much less than formerly. My talk was along the lines of strength and manliness—that yielding to vices was weakness, etc., etc.

I have never been asked to address girls. I do not think it would be wise to talk with equal plainness to them in a group. It must be done in a more private and personal way with a girl.

The most encouraging thing I have had in my work in the public schools here, is the Mothers' Meetings, which are held in the schoolhouses. To these I have talked, and that is where one can say what is most necessary for both the boys and the girls. I never speak for more than 20 or 30 minutes, and as the teachers serve tea and wafers afterwards, I remain and eat with the mothers, and they come to me and ask questions about many things that trouble them, and then I can drive home still more closely the gospel of purity we are all trying to teach.

The following list of books, taken from a late number of the *Review of Reviews*, may prove helpful: Dr. Francis H. MacCarthy's "Hygiene for Mother and Child" (Harper); Mrs. Burton Chance's "Mother and Daughter" (Century); Sir Oliver Lodge's "Parent and Child" (Funk & Wagnalls); Dr. Le Grand Kerr's "Care and Training of Children" (Funk & Wagnalls); Margaret Slattery's "The Girl in Her Teens" (Sunday School Times); and Dr. Edith B. Lowry's "Confidences—Talks with a Young Girl Concerning Herself" (Forbes & Co., Chicago).

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